



Effective Health Care

Creatine Monohydrate Supplementation for Athletic Performance

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- The topic, *Creatine Monohydrate Supplementation for Athletic Performance* is not feasible for a full systematic review due to the limited data available for a review at this time.

Topic Description

Nominator(s):	Individual
Nomination Summary:	The nominator is interested in the use of creatine as a supplement for athletic performance.
	Staff-Generated PICO
	Population(s): Healthy adults
	Intervention(s): Creatine monohydrate
	Comparator(s): Placebo (e.g., not using a supplement)
	Outcome(s): Safety, including hair loss; athletic performance
Key Questions from Nominator:	Based on the nominator's interest, the following key questions were developed: 1. What is the safety and efficacy (for athletic performance) of creatine monohydrate? 2. Specifically, what is the effect of creatine monohydrate on hair loss?

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Creatine is an organic acid that helps supply energy to cells, primarily muscles cells. Creatine monohydrate is a popular supplement for professional and amateur athletes and body builders to enhance athletic performance. Dietary supplements like creatine are not tested for safety and efficacy by the Food and Drug Administration (FDA).
- Although there appears to be a large volume of literature on creatine supplementation, however, the majority of available evidence appears to focus on short-term use of creatine and the available studies are of small sample size and short duration. In addition, the available literature does not appear to discuss hair loss as a possible adverse effect associated with creatine use. Therefore, this topic is not feasible for a systematic review at this time.